

RECOVERY INCORPORATED

Recovery Incorporated is a nation-wide, non-profit and non-sectarian organization calculated to teach a system of self-help in psychotherapy to former "nervous and mental patients." It was founded in 1937 by the late Dr. Abraham A. Low who was Associate Professor of Psychiatry and Neurology at the University of Illinois College of Medicine. All participants, including the group leaders, are laymen and all are former mental patients. The self-help system is taught at regular weekly meetings, and Dr. Low's simple system of self-help procedures is closely followed.

This system is based on the early recognition of uncomfortable symptoms, or maladaptive behaviour, and the utilization of conscious efforts to control these phenomena. The meetings consist of presentations by group members of situations in which uncomfortable symptoms arose. The technique of recognizing and controlling any specific set of symptoms is analyzed by the group as a whole under the direction of a specially trained group leader. Group members are further supported by the knowledge that many people experience the same discomfort and are learning techniques to master it. Successful control of symptomatology is acknowledged and praised by the group and, in most instances, suggestions regarding other methods of dealing with symptoms are offered.

This approach is based on Dr. Low's book "Mental Health Through Will-Training" and his other writings. There is no attempt to offer deep analysis of symptomatology, or to make clinical diagnoses. Recovery Inc. is extremely careful to support a co-operative

attitude toward the physician and to refer all problems of a major nature to the appropriate psychiatric facility. On the other hand, Recovery Inc. would like to make its techniques known to physicians and would appreciate the opportunity to co-operate with them in the after care of the "nervous patient."

The value of Dr. Low's technique lies in its simplicity and practicality. Members are taught to control anxiety, insomnia, panic, air hunger, muscular tension and other symptoms prominent in anxiety states.

From my observations of Recovery Inc. meetings members appear to benefit considerably by the application of these techniques and feel, in addition, a sense of accomplishment with their growing ability to master previously incapacitating and uncomfortable symptoms. I would suggest that most physicians dealing with the anxious, agitated, or hypochondriacal patient would find some place in their total management plan for Recovery Inc. where it is available. Further enquiries can be made through "Canadian Family Physician."

Roy Shoichet, M.D.,

Editor's Note:

A Leadership Training Course was held in Toronto, October 18-19/68.

RENAL FAILURE SYMPOSIUM

The University of Ottawa are presenting a Symposium on Renal Failure at the Ottawa Civic Hospital, Friday afternoon and Saturday morning, November 22-23, 1968. Special guest speakers include Dr. G. H. Scribner of Seattle, Dr. Michael Kaye and Dr. John Dossetor both of Montreal. The topics of acute and chronic Renal Failure, longterm hemodialysis and kidney transplantation will be discussed. Eight local speakers will participate. Six hours study credit (section 1) will be allowed for the program.

DIETARY INTAKE STUDY

Dr. J. H. Crawford, Deputy Minister of Health, Department of National Health and Welfare, has approached this College asking for family doctors to participate in a National Study of the present dietary intake and nutritional status of Canadians.

This request follows some studies in the United States showing a significant incidence of malnutrition and an adverse shift in food habits. Dr. Crawford and his department feel that recent evidence suggests the same may be true in this country.

They are asking for family doctors to assist in gathering information regarding this matter. If you are interested, please reply immediately to the Editor of this journal.